

Five O'Clock Jump Shot

 Vegetarian

READY IN

ready

80 min.

SERVINGS

servings

24

CALORIES

calories

390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 8 ounces bittersweet chocolate coarsely chopped
- ☐ 3 eggs at room temperature
- ☐ 2.5 cups flour all-purpose
- ☐ 1.8 cups granulated sugar
- ☐ 0.7 cup heavy cream
- ☐ 2 tablespoons hot-brewed coffee instant
- ☐ 2 teaspoons espresso grounds instant

- ☐ 3 tablespoons bailey's irish cream
- ☐ 3 cups powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 sticks butter unsalted at room temperature
- ☐ 2 sticks butter unsalted at room temperature
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups milk whole

Equipment

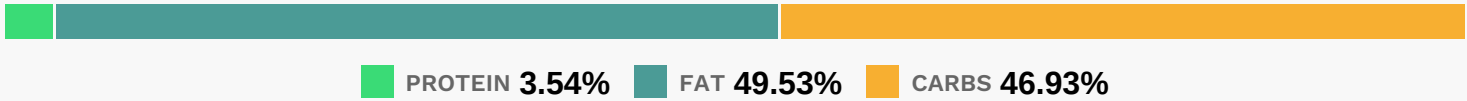
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F.Line cupcake pans with 24 liners.
- ☐ In a medium bowl, whisk together the flour, baking powder and salt. In another medium bowl, mix the milk and instant coffee, stirring until the instant coffee dissolves. Using an electric mixer, beat the butter until smooth. Gradually add the granulated sugar about 1/4 cup at a time, beating on medium speed until combined. Scrape down the sides and beat on high speed, about 2 minutes more until light and fluffy.
- ☐ Add the eggs one at a time, beating well after each addition. Beat in the vanilla. Alternately add the flour and milk mixture, beating on low speed just until combined, scraping down the sides of the bowl often.
- ☐ Spoon the batter into the liners, filling the cups half to two-thirds full.
- ☐ Bake until a toothpick inserted in the center comes out clean,18 to 20 minutes. Cool the cupcakes.

- ☐ Take a cupcake and hold it upside down, submerging the top into the Espresso Ganache, lightly pressing down until the entire top of the cupcake is covered. Lift the cupcake, letting the extra chocolate fall away. Turn the cupcake right side up.
- ☐ Let the cupcake cool completely before frosting with Bailey's Irish Cream Frosting.
- ☐ Place the chopped chocolate in a bowl. In a small saucepan over medium heat, heat the heavy cream and instant espresso until it simmers.
- ☐ Pour over the chopped chocolate and add the butter.
- ☐ Let stand for about 1 minute. Stir until smooth.
- ☐ Using an electric mixer with the paddle attachment, cream the butter until smooth.
- ☐ Add the powdered sugar 1/2 cup at a time, whipping after each addition, scraping the sides of the bowl occasionally.
- ☐ Add the Bailey's Irish Cream and blend, but do not over whip.

Nutrition Facts



Properties

Glycemic Index:11.46, Glycemic Load:17.7, Inflammation Score:-4, Nutrition Score:5.4713043151018%

Nutrients (% of daily need)

Calories: 389.69kcal (19.48%), Fat: 21.67g (33.34%), Saturated Fat: 13.25g (82.79%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 45.09g (16.4%), Sugar: 33.96g (37.73%), Cholesterol: 67.96mg (22.65%), Sodium: 110.83mg (4.82%), Alcohol: 0.31g (100%), Alcohol %: 0.4% (100%), Caffeine: 23.83mg (7.94%), Protein: 3.49g (6.98%), Vitamin A: 593.17IU (11.86%), Manganese: 0.23mg (11.36%), Selenium: 7.75µg (11.08%), Phosphorus: 81.08mg (8.11%), Vitamin B2: 0.14mg (8.01%), Vitamin B1: 0.12mg (7.79%), Iron: 1.39mg (7.74%), Copper: 0.15mg (7.36%), Folate: 27.21µg (6.8%), Magnesium: 24.27mg (6.07%), Calcium: 60.65mg (6.07%), Vitamin B3: 1.02mg (5.09%), Fiber: 1.11g (4.43%), Vitamin D: 0.62µg (4.14%), Vitamin E: 0.6mg (3.99%), Potassium: 123.31mg (3.52%), Zinc: 0.5mg (3.34%), Vitamin B12: 0.18µg (2.92%), Vitamin B5: 0.25mg (2.54%), Vitamin K: 2.23µg (2.12%), Vitamin B6: 0.03mg (1.45%)